

ABSTRAK

ASTUTI, N., 2015 PENGARUH PEMBERIAN EKSTRAK DAUN KRANGEAN (*Litsea cubeba* (Lour.) Pers) TERHADAP PENURUNAN BERAT BADAN, KADAR KOLESTEROL TOTAL DARAH DAN LEMAK ABDOMINAL TIKUS PUTIH JANTAN GALUR WISTAR, SKRIPSI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI SURAKARTA.

Kurangnya aktivitas fisik dan olahraga menjadi faktor pemicu timbulnya penyakit kardiovaskuler yang disebabkan tingginya kadar kolesterol dalam darah. Penggunaan obat sintesis hiperkolesterol seringkali menyebabkan berbagai efek samping. Kragean diketahui mengandung zat aktif flavonoid, tanin, saponin dan alkaloid yang dinilai mampu menurunkan kadar kolesterol total dalam darah, lemak abdominal dan berat badan tikus.

Penelitian ini menggunakan 25 tikus yang dibagi dalam 5 kelompok terdiri dari 5 tikus setiap kelompok. Kelompok pertama diberikan perlakuan normal, kelompok kedua diberikan perlakuan hiperkolesterol, kelompok ketiga diberikan obat simvastatin, kelompok keempat diberikan perlakuan ekstrak kental daun kragean dengan dosis 200 mg/kg BB, kelompok kelima diberikan perlakuan ekstrak kental daun kragean dengan dosis 400 mg/kg BB. Kadar kolesterol total tikus, lemak abdominal dan berat badan tikus diukur selama 28 hari sebanyak 3 kali. Hasil yang diperoleh dianalisis menggunakan *software SPSS* dengan uji *Anova* satu jalan.

Penelitian ini memberikan hasil bahwa ekstrak kental daun kragean dapat menurunkan kolesterol total dalam darah dan berat badan tikus dengan dosis 400 mg/kg BB. Sedangkan untuk menurunkan lemak abdominal, ekstrak kental daun kragean pada dosis 200 mg/kg BB.

Kata kunci : kadar kolesterol total, lemak abdominal, berat badan, daun kragean *Litsea cubeba* (Lour.) Pers.

ABSTRACT

ASTUTI, N., 2015, EFFECT OF KRANGEAN (*Litsea cubeba* (Lour.) Pers) LEAVES EXTRACT ADMINISTRATION ON DECREASING TOTAL BLOOD CHOLESTEROL LEVEL OF WHITE MALE MICE WISTAR STRAIN, THESIS, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, SURAKARTA.

Lack of physical activity and sport be the triggering factor of cardiovascular disease caused by high level of blood cholesterol. The use of synthetic hypercholesterolemia drugs often cause various side effects. Krangean is known contains active substances of flavonoid, tannin, saponin, and alkaloid which are considered capable to decrease blood cholesterol level, abdominal fat, and body weight of mouse.

This study use 25 mice which divided into 5 groups consisting 5 mice per group. The first group was given normal treatment, the second group was given hypercholesterolemia treatment, the third group was given simvastatin drug, the fourth group was given Krangean leaves extract with dose of 200 mg/kg BW, and the fifth group was given Krangean leaves extract with dose of 400 mg/kg BW. Total cholesterol level, abdominal fat, and body weight were measured 3 times for 28 days. The obtained result was analyzed using SPSS software with one way Anova.

The result of the study was that Krangean leaves thick extract could decrease total blood cholesterol and body weight with dose of 400 mg/kg BW. While for decreasing abdominal fat at dose of 200 mg/kg BW.

Keywords : Krangean leaf (*Litsea cubeba* (Lour.) Pers), total cholesterol level, abdominal fat, body weight.